

2022 Website Program Description



Sensing Spirit™ Mental Mediumship

Understand the Language of Spirit and
Achieve Optimal Mind-Body States for
Mediumship Communication

Residential Program

\$2,195.00

5 Days + 6 Nights

Michelle Armstrong is a Natural-born Medium with more than 30 years of study, teaching and experience. She's given thousands of Spirit messages and Readings in over 30 countries and currently teaches Mediumship and Intuition Development Programs in-person and online.

In Sensing Spirit™ - Mental Mediumship Michelle reveals the language of spirit communication, optimal mind-body states for mediumship communication, and a simple but effective structure students can use to receive and deliver impactful messages with an emphasis on receiving evidential verifiable information.

Students discover the differences between psychic information and Mediumship communication. They learn how to recognize common signs from their loved ones in Spirit, and walk away with confidence equipped with the knowledge of how to troubleshoot some common stumbling blocks to effective spirit connection and communication.

Held at the Monroe Institute's Virginia campus, this sacred space offers greater seclusion, silence, and opportunities for stillness. In the tradition of Robert A. Monroe, you will discover that you are far more than a physical body. You will experience guided meditations

authored and narrated by Michelle, designed specifically to activate optimal states of consciousness and awareness for Mediumship.

This course is suitable for beginner and awakening Mediums alike as well as intermediate Mediums looking for a refresher of the basics and an opportunity to practice some new skills and techniques in a safe, encouraging and supportive environment.



TRY MONROE'S AUDIO TECHNOLOGY

Grab your headphones, find a quiet place to relax and enjoy this free audio sample. Experience the deep relaxation and instantaneous expanded meditative state of Monroe's Sound Science technology.

MONROE SOUND SCIENCE SAMPLE

(See the link in the details section below.)

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Semi-Private Rooms

Standard accommodations are double-occupancy rooms.



Free Wi-Fi

Free Wi-Fi is available for guests



Daily Meals

Our dining menu offers many healthy fresh options with a farm-to-table philosophy.



Shuttle Service

Local area, shuttle transportation is included on the first and last days of each program.



Swimming

During afternoon breaks, enjoy a dip in the swimming pool or lake (weather-permitting).



Massage

Massages are available during weeklong retreats during afternoon breaks. (additional fee)